



MILTON MASTERS AQUATIC CLUB

www.miltonmasters.ca

NEWSLETTER



HOT SPLASHES!!



STROKING FOR PLEASURE

FINAL COMMENTS FROM THE DESK OF THE PRESIDENT

By John Fisher

Whoa! 2006/2007 season is over. Time is racing by!

Congratulations to all our new members who joined us this year and added a spark of change and interest to our club make up. Thanks to our returning members who give the club stability and to your Board who do so many things to maintain the efficient running of the club. Of course circumstances dictate that people join and people leave the club, but a special mention must be made about Marsha Zuest who is leaving this year. Marsha is relocating to B.C. in the fall. She is one of our longest standing members having joined pre Leisure centre at E.C. Drury. Over this time she has been a regular swimmer, reliable volunteer, board member and good friend to many. Thanks Marsha and good wishes on the next passage of your life.

This year began cautiously as we transitioned from the Dimitrov coaching era to the young Aussie era of Jamie Brough. Once again the club has been blessed with first rate coaching and the result has been faster swim times for many of our members. The first few workouts were met with startled responses "doesn't he know any other strokes than freestyle?" "We are mature athletes, we need cool down time!", "we can't do 4000 metre workouts!" All to no avail. Jamie's strong deck discipline carried over to week-end workouts and we have all benefited from the demanding schedules. Thanks Jamie! The Marlins have also benefited and we should congratulate Rick Madge, Laura Goodman and Stephanie Sliemers all masters members who have contributed to that team's success.

Our own clubs competitive participation in swim meets has been a bit anemic. People who have competed have done well and our four National

swimmers, Lisa Gable, Katrina Murphy, Lisa Clark and Laura Goodman all did extremely well and represented the club favourably. We had 13 people swim at the Spring Splash, about the same as last year, but other meets only had about 4 participants. Maybe we need a club statistician to inspire us, and a few club targeted meets for maximum participation.

We did have great support from members for the food portion of the Spring Splash with a very high member contribution % and great volunteer support. Thanks to Lynn Fisher for being "food boss" and organizing us around that endeavour. Similarly thanks to Sue Stanley for organizing Swim for Heart. This was once again a huge success with extremely high participation rates.

We did miss our swim underwater camera shoots and analysis and time trials. This was a transition year and we intend to incorporate them in our schedules next season. Although club pool swimming is over, you don't have to stop. There are lots of lane swim opportunities at the Leisure Centre and Rotary Park. Its also open water swim season. We swim at Kelso Lake Thursday night and Saturday morning. There are also open water swim competitions, the September 5KM at St. Mary's quarry is a great venue and great event.

2007/2008 We will send out membership packages in August including our new "Etiquette commitment contract". Swimming starts Tuesday September 11. Have a great summer and good luck to those competing in triathlons and running races. We will look forward to hearing about everyone's adventures.

LAST SWIM DAY JUNE 16

COACH'S CORNER

By Sue Stanley



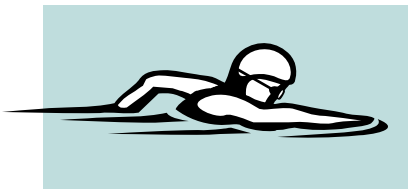
Jamie would like to remind all swimmers to ask for help! He is more than willing to help those that want to improve their stroke. Ask, Ask, ASK!!

The biggest tip Jamie can offer everyone is EVF. Sadly this acronym does not mean Eat Very Frivolously! For swimming, EVF means "Early Vertical Forearm". This is exactly the point of the drill "long dog". If you do this drill properly, you will be practicing EVF. Note of interest: Most people are NOT doing the drill properly.

EVF helps with shoulder problems. Your shoulder will be less stressed if you learn to pull properly. EVF is the single most overlooked aspect of everyone's swim. The internet is full of information on EVF. Jamie recommends youtube.com and type in the keywords "Michael Phelps", "Ian Thorpe", "Laura Mandaro" and "EVF". You will understand it better if you read about it and then try it out for yourself, remembering to ask Jamie for clarification and more tips.

The other acronym that Jamie wants us all to become one with is DPS. DPS can stand for Do Pushups Slowly (which would be beneficial!), but here is actually means Distance Per Stroke. We all need to improve our DPS.

FYI MMAC, DPS and EVF are GR8!



REMEMBER: *There are only two ways to swim: The easy way and THE RIGHT WAY!*

MASTERS MAKE WAVES IN THE PEG!



Pictured from L to R-Katrina Murphy, Laura Goodman, Lisa Clark & Lisa Gable

NATIONALS REPORT by Katrina Murphy

A rainy Friday May 18th morning, four gals hopped on an Air Canada flight to Winnipeg. At the mercy of Air Canada, we left Toronto an hour late, arriving at the Pan Am pool just in time to see my heat finish in the water—without ME! First up was Lisa Gable in the 1500m Freestyle. All together we completed 24 events, totaling 7550m. Lisa Gable achieved 2 personal best times in 100m and 200m breast stroke events. Katrina Murphy (that's me, hee-hee!) accomplished an astounding 5 personal best times, knocking off a total of 48.50 seconds. I really thought I would have to wait until Nationals 2008 in Quebec City to see my 400IM time drop below 7:00. Why did we do so well? We were ready. Jamie's workouts had us well prepared for the events. We felt strong as we sliced through the water. We also approached our events with a different philosophy this year; go out fast and HANG ON!! It was truly satisfying to achieve such spectacular results and know we would make Coach proud—whaddya know, he was right "to swim fast you must train fast". We are ending the 2007 season on a high.

Now, Nationals is not all about swimming. We wined, dined, beered, and picnicked. It was a great location across the road from the Market. We got to connect with some great people. Some regulars we see at many of the meets and some new faces. We adopted a lone swimmer from Hawaii. You think the hair balls floating at the Leisure Centre are scary? In Hawaii you get to fend off the sharks! Next year, we hope to see all you triathletes entered in a 1500m, or 800m event. What have you got to lose? All you have to do is swim and then get out. How easy is that!

DECKSIDE CHATTER by Sue Stanley



I had the pleasure of interviewing a few more members of the club. I believe that they all classify as never-before-been-interviewed, however they are not all new. Enjoy!

Name: Stephanie Sliemers

Live: Milton

Swimming History: Started with the Marlins at age 8. Eli was her first coach! Stephanie's most notable swimming accomplishment was attending Junior Nationals with sister Cassie and Jen Porenta in 1998.



Best Stroke: Back

Worst Stroke: Fly, but breast is a close second!

Stephanie has just finished university and is looking for a career in writing or public policy. Currently, Steph coaches the mini Marlins. She is heading off to Holland this summer to work and live with family there.

Pets: Byron, a St. Bernard and Chloe the yellow lab

Have a great summer Stephanie!



Name: Shawn Keffer

Live: Milton for the last 4 years

Swimming History: Shawn swam competitively during grade school in Cambridge, up to the end of high school from the age of 8 to 18. Then he stopped swimming to learn a trade.

How did you find Masters? Shawn brought his son Alex (age 9) to the pool and saw pictures of Masters in the hallway. He decided to get back into swimming and joined three years ago.

Best Stroke: Breast & Free

Worst Stroke: Back

Swimming Goals: To continue going to meets. Shawn has already achieved PB's in his 1st year back!

Occupation: Plumber

Shawn is married to Jenn (lane 5). Shawn joined Masters first but when Jenn suffered an injury playing soccer, she joined for physio! Jenn and Shawn are currently expecting their first child! The baby is due in October!!

Pets: 2 cats named Happy & Cindy



Name: Sue Leeder
Live: Milton for past 22 years

Swimming History: Lifeguarded as a kid. First started with Masters 17 years ago when she was pregnant with her first child and couldn't run any more! Since then Sue has swum on and off with Masters and started doing triathlons.

Best Stroke: Free
Worst Stroke: Back



Occupation: Sue doesn't work, she plays! Sue is a swim instructor at E.C. Drury School for the Deaf.

Sue is married to Bill. They have 2 kids, Emma who is 16 and Christopher who is 14. Both kids swim with the Marlins.

Name: Sandy Skradski
Live: 2nd year in Milton

How did you find MMAC? Started swimming laps and saw a sign, then asked the front desk.

Swimming History: Sandy taught herself to swim last year because she wanted to do an Ironman. Her goal was to qualify for Ironman Canada which she did! Sandy is returning to Ironman Canada this year for the 25th anniversary event. Good luck, swim well!



Best Stroke: Free
Worst Stroke: Fly

Occupation: Grade 6 teacher in Georgetown

Sandy will be moving to Australia in January for one year. She intends to mostly travel, but may teach a bit. In her spare time, Sandy is a personal trainer. She specializes in weights, core training, sports specific training, and rehabilitation training.

Name: Katrina Murphy

Live: Georgetown



Swimming History: As a kid, Katrina lived in the water but had no formal training. She only competed one year in high school. For personal fitness, Katrina has always swum. She joined MMAC for summer swims for two years while she waited on the wait list to get a membership spot in September 2002.

Best Stroke: Free
Worst Stroke: Breast

At the time of the interview, Katrina was tapering before Nationals. At Nationals she was doing 400IM, 200IM, 200FR, 400FR, 800FR and 100BK.

Are you ready? Endurance and strength-wise, yes! Katrina has been practicing IM's. This year she has taken 5 seconds off her 100 fly.

Occupation: Teacher/Librarian, but next year will be switching to phys ed. This year Katrina has worked in Meadowvale, next year she will be with the same board but working in Brampton.

Katrina is married to Derek. After Nationals she is looking forward to not getting wet for a few days!

Pets: 2 Cairn terriers named Mac and Tartan (these are dogs just like Toto!)

FEELING ENERGETIC THIS SUMMER?

You might want to try Open Water Swimming. See John Fisher for swimming at Kelso Lake this summer. John would also like to invite you to check out the MSO website at www.mastersswimmingontario.ca for the Open Water Swim Schedule. He recommends the St. Mary's open water swim as it is reasonably close



Or swim at the Leisure Centre or Rotary Park - following is the summer swim schedule.



LEISURE CENTRE

MON	TUE	WED	THU	FRI	SAT	SUN
6-7:30	6-8	6-7:30	6-8	6-7:30		
12-1:30	12-1:30	12-1:30	12-1:30	12-1:30		12:30-2
8:30-9:30	5:15-6:15	8:30-9:30	5:15-6:15	7:30-8:30		
	9-10		9-10			
ROTARY PARK						
11-1:00	11-1	11-1:00	11:1:00	11-1:00	10:30-12:00	10-12:00
5:30-7		5:30-7				

FLIP TALES

As Aunt Flipper is still AWOL, she has asked her brother Flip to fill in - so here is the first (and possibly the last) edition of "Uncle Flip's Tales":

- 🦆 Rumour has it that there is concern "growing" in the women's dressing room re the water in lane 2 – some claim it contains secret fertility agents which result in summer pregnancies. Watch out ladies!
- 🦆 At the time of publishing, Uncle Flip has been unsuccessful getting any juicy scoops from Nationals - have heard only good things so far – boring! Not so the case a few years ago when there was rumour about a male and female member shacking up for the weekend and somebody getting into somebody's pants???. This of course was told by the involved male swimmer and we all know how the truth can get stretched-right James!!! I guess we will have to work on livening up next years' Nationals!
- 🦆 Thoughts to ponder:
 - Has attendance in the sauna been dwindling lately due to the warmer weather or are the aquacize ladies still frightened by that strange man leaning on the door?
 - Is there a link between the increased visits that Jim and Ed have been making lately to Taylor's Bagels and the so-called shrinking of Ed's wet suit over the winter???. hmmm

Well that's all folks....let's hope Aunt Flipper comes to the rescue in the next newsletter!!



STAY COOL THIS SUMMER

The Centres for Disease Control (CDC) report that exposure to extreme heat during the summer months is a leading cause of heat-related illnesses such as heat exhaustion and heat stroke. People suffer heat-related illness when the body's temperature control system is overloaded. Several factors including age, weight, circulation and prescription drug and alcohol use can influence the body's ability to handle heat.

The body normally cools itself by sweating, but under some conditions, sweating just isn't enough. With overexposure to heat, a person's body temperature may rise rapidly, potentially damaging the brain or other vital organs. Like any athlete, swimmers sweat to keep over overheating. However, swimmers may not notice dehydration as easily because they are in the water. Swimmers need to drink plenty of fluids before, during and after a rigorous workout, says the American Dietetic Association.

To help people beat the heat, the CDC has published a resource guide titled "Frequently Asked Questions About Extreme Heat," including information about risk factors, warning signs, treatments and tips for staying healthy in extreme heat. The guide says electric fans may provide comfort, but when the temperature is in the high 90's fans, will not prevent heat-related illness.

Air conditioning is the best protection against heat-related illness. Exposure to air condition for even a few hours a day will reduce the risks—but if you don't have air conditioning, taking a cool shower or bath can help. When the temperatures rise, CDC also reminds you to drink plenty of fluids, replace salts and minerals, wear appropriate clothing and sunscreen and pace yourself.

9 Good Reasons to Swim for Fitness



Recently, United States Masters Swimming issued a press release reminding those with active lifestyles that fitness swimming can be a "rigorous, effective fitness workout - and be fun in the process."

While this may seem obvious to those of us who are habitual swimmers, there are athletes out there who think pools are strictly child's play or summer fun. There is also a widely circulated fallacy that swimming is not an effective form of weight loss.

Therefore it seems appropriate to offer a brief recap of the reasons why everyone can benefit from swimming as a primary, secondary, or alternative form of physical fitness to complement their existing routine.

1. Heart helper

Swimming provides unparalleled cardiovascular conditioning, provided you practice consistently and with good technique. While other forms of exercise may be more effective at elite levels (such as running or cycling), incorporating swimming into a cross-training routine and pushing yourself in practice will result in overall improved fitness.

2. Balance your build

Swimming builds longer, leaner muscles that complement the shorter denser muscles that develop from weight training. These "swimmer's" muscles also help boost metabolism to keep calories burning longer.

3. Cross-training

Swimming not only boosts cardiovascular capacity while increasing muscle strength, but it also gives your body a break from higher-impact activities like basketball, running, and weightlifting. By creating a balanced workout routine, athletes avoid injury by allowing their body time to heal, while not forgoing daily training sessions.

4. Increased flexibility

A heated pool relaxes muscles, increasing flexibility and enabling important stretching. Also, after intense lactic-acid-building endurance workouts (running, cycling, weights), an easy swim helps flush out toxins preventing muscle tightness and soreness the following day.

5. Strengthen your core

Swimming develops core body strength because it utilizes all the body's muscles simultaneously. Although 70% of a swimmer's effort comes from the upper body, kickboard and fin workouts can provide an excellent leg workout.

6. Endurance

Swimmers are able to swim longer than they can sustain other activities. With the right technique, a swimmer will be able to train for longer periods of time than if he/she were running and as a result, more calories are burned.

7. Adventure

Swimming has branched out from the darkened, indoor community pools of yesteryear. Many new health club chains offer clean lap pools, and local communities are finding renewed interest in outdoor facilities during the summer months. Seek out available natatoriums in your area and if you are able, locate a natural body of water (lake, ocean, pond, or quarry) and explore the joys of open-water swimming.

8. Social outlet

Imagine meeting the man/woman of your dreams and seeing what they look like without their clothes on for your first date! That's one benefit, at least, of joining a masters team or triathlon training group. In addition to the possibility of romance fueled by mutual interests, team programs offer peer motivation and professional coaching to provide you with increased performance results.

9. Weight loss

"People who consistently swim strenuously enough to be out of breath when they finish, and elevate their heart rate, do burn calories and lose weight," says Jane Moore, M.D., a physician and active swimmer from Tacoma, Wash. "The key is to push yourself a bit."

If nothing else, putting on a swimsuit and appearing in public should also motivate one to shed a few pounds! Whatever your reason, or whatever the excuse of a friend or partner, that swimming has not been incorporated into a consistent fitness routine, the list above should illuminate the ways in which the sport can add to your quality of life.



Heart Beat By Sue Stanley



Congratulations MMAC!!! We have broken an all time high record for fundraising with the amount of \$4119.00 this year! On behalf of the Heart & Stroke Foundation, I would like to thank everyone who participated and/or sponsored the event.

There were 10 enthusiastic teams in the water. Several people were demonstrating their very best belly flops and canon ball entries. Eun-ha made a guest appearance for the Turtle reunion tour. And the Grumpy Old Men were, well...just being themselves!

Sue Martin took home a yoga mat and carry case donated by the Heart & Stroke Foundation to the highest individual fundraiser. Sue raised an incredible \$625.00!

"The Big Hurt" (Mark Hurtig, Carla Roselle, Christian Wassermann, John Lintack and Lisa Clark) earned the award for the highest team fundraising - \$775.00. Way to go team!

The coveted chocolate Easter bunnies went to "The Tattooed Ladies" (Katrina, Lisa Gable, Kelly, and Gail) for the team spirit they exhibited, all decked out in tattoos!

"Rachel's Bitches" (Rachel, John Mayes, John Fisher, and Colin) were awarded the prize for the most lengths swum, although there has been an audit called and the results have not yet been received.

Tina, the Heart Lady was on hand to present the awards. She was amazed at how much fun everyone was having, particularly at that early hour of the morning!

A large number of people were able to attend an impromptu breakfast at the Fifth Wheel following the swim. Nothing like a big helping of bacon and eggs to get the heart going after a hard swim! (This portion of the event was NOT sanctioned by the Heart & Stroke Foundation!)

Fun and fundraising! MMAC has heart!



By Carla Roselle

As the 2006-07 season winds down and it becomes harder to focus on indoor swimming, I would like to encourage everyone to attend the annual get together formerly known as the Annual General Meeting (AGM) but better known as the final wings & beer night. As noted in the agenda, it will be held at the Ivy Arms – best to park at the rear of the building and access via the back door. I hear the wings are pretty good and there will be some provided – so come early as hungry MMAC swimmers are known for their voracious appetite!!

I would also like to take this opportunity to thank Jamie for accepting the position of Master Swim Coach. Jamie has been a great addition to our club. He has the amazing knack of working us hard and yet keeping us coming back again and again for more punishment. (I guess it's true what they say about old swimmers?) Reflecting back to the start of the season, upon seeing our first workout, I thought Jamie had erroneously posted the Marlins' work out or had confused us with REAL swimmers! 4000 m-you gotta be kidding!! On our first night ##@!! Didn't he know us old swimmers start the season slowly – and always complain!!! Well guess what – now we see 4000 posted and don't even complain - that in itself, is a miracle! I have also heard many swimmers state their times have drastically improved – must be all that "long dog" stuff taking effect. Who says that old dogs can't learn new tricks!!

It is with heavy hearts that we bid a fond adieu to Marsha Zuest – former board member, newsletter editor and long time club member club – 15+ years. Marsha and husband Ed are moving to British Columbia – they are heading to Vancouver initially and scoping out the best location for retirement; possibly Vancouver Island (sounds like a future road trip coming up). Goodbye my friend, we will miss your logical inspiration, your positive outlook and, most of all, your contagious laugh. Keep in touch and best of luck in wherever your journeys take you. (Note from ed. Marsha promises to send us a report – for our newsletter)

The club also wishes expectant mothers (Sue Martin end of June) and Kristen McElhone good luck with upcoming new arrivals. May you both have happy and healthy bundles of joy – who love to swim! Also congrats to new parents Gil Aburto and his wife who welcomed baby James Gildardo on May 19th weighing in at 6 pounds, 1 ounce.





MMAC ANNUAL GENERAL MEETING 2007

AND BEER & WINGS NIGHT!!!



WHEN??

Tuesday, June 12th - 8:30 p.m. to ???
(swim practice will end at 8:00 p.m.)

WHERE??

THE IVY ARMS - 201 Main Street E (downstairs)
Light snacks will be provided for hungry swimmers

AGENDA

WELCOME	John Fisher
Review & acceptance of 2006 minutes	John Fisher
Membership report	Jim Nelson
Treasurer's report	Lisa Gable
Away meet manager report and slide show	Katrina Murphy
Home meet report	John Fisher
Coach's report	Jamie Brough
Swim for Heart report	Sue Stanley
Motions	John Fisher
Issues/Concerns*	John Fisher/Members
Board nominations**	John Mayes/Sue Stanley
Adjournment	John Fisher

**Members are encouraged to communicate to Board, in advance, items they feel need to be addressed.*

***Please see Nominating Committee (John Mayes or Sue Stanley) if you would like to participate in the running of our Club.*

WHY NOT BE A BOARD MEMBER?

Interested in one of the following available positions? Please let Sue Stanley or John Mayes know of your interest.

Available positions - PRESIDENT or AWAY MEET MANAGER